

Wings



FIRST UNITY CHURCH – Serving the spiritual needs of the St. Louis community for over seventy-five years.

The Newsletter of
First Unity Church
Of Saint Louis

January 2009

- ❖ *Inspiration*
- ❖ *Information*
- ❖ *Illumination*

Inside this issue:

News and events

Truth Thoughts

Quotable Quotes

Calendar

Humor

Build a New Life

Forget the past

By Frank B. Whitney

Quite soon we shall be thinking of the year as drawing to a close and the time will be right for making new resolutions. For some persons the last of the old year becomes a good time for a good mental housecleaning. Even those who have not learned through the study of Truth to renew their mind day by day, find that the practice of clearing their thought once a year and making new resolutions stimulates them to forget the past and to take a new hold on life.

Forgetting the past does not seem easy for some persons. Wounded pride, hurt feelings, rebellion against defeat, are matters that many hug to themselves stubbornly and tenaciously, unless the light of Truth dawns upon them and they see the folly of their foolishness. They discover, after all, that the past is nothing of itself. Only their memory of it and their reaction to thoughts of the past can have any influence upon their present state.

Do you have difficulty in forgetting the past? Do you find yourself unable to break away from memories of disappointment and failure? Then cease to give importance to that which you call the past. In your world, the world of livingness, the world of today, there is no past; there are no memories of unpleasant happenings of yesterday.

When the old arguments of yesterday come up, meet them with the truth, the

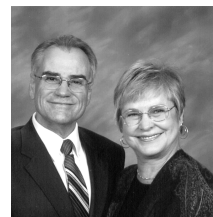
realization that you live in the glorious today. You are not to be burdened or limited today by what you or anyone else thought, said, or did yesterday or 40 years ago. Your world is not one of the past, neither is it one of limitation. You are neither limited nor bound by the thoughts, words, or deeds of others. Neither are you to be bound by your own.

Forget the past! Cease to think of it as something. In your world of today it has neither reality, place, nor power. There is absolutely no place in the present moment, resplendent with its joys and possibilities, for

the unpleasant, haunting memories of yesterday. Think how ridiculous it is for a person to let the present be affected, influenced, or ruined by the past.

Forget the past! What do you care if someone spoke unkindly yesterday! That is his affair. The person who says or does an unkind thing but displays his own character. Your part is to be unaffected by what he does or says. Possibly you would be more lenient with him if you could know his hidden life, his problems, his discouragements, and his motives.

Forget the past! Cease to regard the souvenirs of yesterday that break your heart. Learn to live! Live this day to its fullest extent. You can do so only by refusing to let unhappy events of yesterday rule your today. If you are to live the spiritual life, you must break with the past, and with its unpleasant associations. *continued, page 3*



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ministers, and your thoughtful and wonderful gifts are so very much appreciated! In addition, your prayers, get-well cards, calls and emails, the great food gifts, trips to the grocery and the doctors all contributed so much to Randy's speedy recovery. Rev. Randy and Rev. Sharon are grateful for the many ways you have given of yourselves, and they wanted you to know. Thank you for all you do!

*Rev. Randy
Rev. Sharon*

A Special "Thank You" to Eric Vondruska!

Last month when we wrote about the new web site creators, we accidentally left out Eric Vondruska! In addition to all the valuable help Eric gives with our sound and lights and in so many other ways, Eric was also an important member of the team that created our new website. We want to be sure to voice our appreciation and recognize his time and efforts on this project and so many others. Thank you Eric!

Check out our new website at
www.firstunitychurchstlouis.org

New Class Beginning February 15th

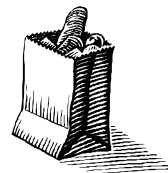
Jan Mourning and Deb Fry will begin a new ten week adult class based on Myrtle Fillmore's book **How to Let God Help You**. The class will meet on Sunday mornings during the 9:15 service.



Ladies' Night Out will meet at 5:30, January 19th, at Tucker's - 3939 Union Road.

Feed My People

Your donations to Feed My People are always greatly appreciated. Your donations do more good than you know!
www.feed-my-people.org



Affirm your Good

Spoken aloud or silently, our monthly affirmations support you in creating a



spiritually centered life.

Take these affirmations into the silence each day and claim them as true for you and your loved ones.

Give thanks in advance, while remaining open and receptive to your highest good.

Continue affirming the truth of each affirmation to inspire you throughout the day.

Affirmations for January

Inner Peace: One with the all encompassing presence of God, I am at peace.



Guidance: I enter this new year with confidence, knowing that God lights my way.

Healing: Divine energy enlivens my mind and body. I am refreshed and renewed.

Prosperity: God created me to experience a life of abundance. I claim my good.

World Peace: One with God, we are contributing to a new world of peace and security.

God Is Your Anchor

Emmet Fox once wrote, "There are many changes going on in the world today and, in general, this is a good thing. Without changes there could be no progress. Of course, not all change in itself is good, but when things are changing it means sooner or later, good will emerge from the cross currents of ideas and policies which change brings about. Now, if events seem to be changing too rapidly for you to cope with, remember there is one thing that never changes, and that is Spirit or God. God is the eternal, loving father Who is always ready to say, "fear not child, for all is thine." When

Wings

January 2009
Page 2

You all have done it again! Your generosity, your caring support of your

your ship is being tossed about by the storms of change, remember that God is your Anchor. No matter what the outer world may be doing, your inner world can be peaceful and calm because God is never failing in His power and Love. "For I am the Lord, I change not" (Malachi 3:6).

From page one . . .



You must be master of your life at all times. You must not be ruled by persons, things, or events. You must see the fallacy of being governed by the past. Those who live in the past in thought do not live in the present. Physically they live in the world of today; mentally they live in another world: unpleasant memories. We can readily see the incongruous situations.

If you have been bound by the past and have tried to live in it, change your way of thinking. Bring the vitality of the present into your life. You will change your whole life by doing so. You will see the world from an entirely new angle.

Forget the past! The persons who caused your heart aches, the events that caused your sorrow and all the foolish little personal situations must be forgiven and forgotten now. All of these have served their time. You have learned your lessons. Begin life anew.

Forget the past! Live in the glorious today! Today with its joys and promises! Today with its livingness! Today will give you a blessing. Rise out of the Valley of despondency and ascend to the heights where the sun is shining. Put the past behind you. Keep your vision straight ahead.

Rising to the new consciousness, you must drop old, crystallized ideas. You must make room for the new. Salute the new day with the realization that henceforth you will live only one day at a time, and that day -- today!

On Beginning the New Year

Lord of heaven and earth, prosper thou us this year even as our soul prospereth. Let thy presence go with us. Be thou the Companion of our way.

In our home, grant that we may cheerfully welcome thee as our daily Guest. In our relation-ships with others, teach us to practice the Golden Rule.

In all our seeking, grant that we seek first thy kingdom and righteousness.

-17th-century prayer

Remedy for a flat spirit

Almost everyone has an occasional down day. You know the dreaded "flat" "blah" feeling.



has
You
or

Sometimes you don't even feel like praying. Is there any hope for this condition?

In the 12th century, a Carthusian monk named Guigo felt drained and depressed. But as he rested, the following prayer came to his mind:



My soul is so dry that by itself it cannot pray; Yet you can squeeze from it the juice of a

thousand prayers.

My soul is so parched that by itself it cannot love;

Yet you can draw from it boundless love for you and for my neighbor.

My soul is so cold that by itself it has no joy; Yet you can light the fire of heavenly joy within me.

My soul is so feeble that by itself it has no faith;

Yet by your power my faith grows to a great height.

Thank you for prayer, for love, for joy, for faith;

Let me always be prayerful, loving, joyful, faithful.



"Quotable Quotes"

The one real certainty in life is change.
-Eric Butterworth

All suffering comes from resistance to change.
-Buddha

Times of change are times of fearfulness and times of opportunity. Whichever they are to be for you depends on your attitude toward them.
-Ernest Wilson

You cannot step twice into the same river, for other waters are continually flowing in.
-Heraclitus

I object to people running down the future. I am going to live all the rest of my life there, and I'd like it to be a nice place.
-Charles Kettering

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.
-Martin Luther King Jr.

The only limit to our realization of tomorrow will be our doubts of today.
-Franklin Roosevelt

Be willing to be a beginner every single morning.
-Meister Eckhart

Every day is a new beginning. Treat it that way. Stay away from what might have been, and look at what can be.
-Marsha Petrie Sue

I've always known that life is better when you share it. I now realize it gets even sweeter when you expand the circle.
-Oprah

BUILD A NEW LIFE

... By Taking Seven Steps to Happiness

By Grover C. Thornsberry

Everyone has desires to be fulfilled, improvements to make life more meaningful, and goals to reach. But we need a definite, practical way to help ourselves work through these needs. We can be healed of sickness and lack and our fondest dreams can be a reality, if we proceed with right action. First we must change our thoughts and beliefs about ourselves or about the one for whom we pray. As long as we hold thoughts of ourselves as limited, bad, or unworthy, we cannot receive the answers to our prayers. There is a plan we can use. It is simple, direct, positive-and it will work, but only if applied by the individual.

1. You Must Desire

Answer this question for yourself: Is there something, some change, improvement, or achievement that you desire with your whole heart and soul, more than anything else in the world? If the answer is yes, you must desire it enough to do something about it.

2. Make a List

Sit down and write out a list of your desires. Every good desire is inspired by God. Pour

out your longings. Begin your day with reading what you have written. Read it again the last thing at night. Your reading should be a prayer. As you read, you should be on the alert for guidance from God as to what you can do to bring about the true, loving fulfillment of your longing. The realization is within you.

3. Make Changes

Keep a pencil handy, and make any changes in the description of your desires that occur to you as being wise. Try to be sure that what you have written really expresses your highest wish and will. Don't be afraid that you are asking too much. The Father knows your need. It is His "good pleasure to give you the kingdom" -"to pour you out a blessing, that *there shall not be room enough to receive it.*"

4. Think of Fulfillment

Think about the fulfillment of your desires-see yourself acting them out. Don't dwell on frustration. If thoughts of obstacles come to mind and you think of anything you can do to overcome them, write it down and follow as indicated.

5. Help Yourself

Do what you can, and all you can, and the best you can, under existing circumstances. If you owe a debt and cannot pay all of it, pay as much as you can. If you have a task to do, or any problem for which you cannot see the solution, work it as far as you can. Take time to sit down and write out all the things you can do to help yourself achieve your goals or the fulfillment of your desires. Ask yourself if you are doing all you can to help yourself.

6. Claim your Good

Claim your good and press your claim, remembering that God gave you your desires. If you discover that something in them does not measure up to this high standard, you will find a new idea of the desire and how it should be expressed. If right fulfillment is withheld it is not God who does so; He wants you to succeed. We have either misinterpreted our inner leading or the way it should be expressed.

Do not look to others for the fulfillment of your desires. God's good comes to you through you, richly, freely, in perfect ways.

Do not try to force others to your will. What we get by force, we can keep only by force. God's good for us will not work injustice upon others.

Let us say of every desire as we think it: "This is my good as I see it; but I am open to guidance and inspiration, and I will gladly seek and accept that which in God's sight is better."

7. Give Thanks

The last step is to give thanks. Let us watch and give thanks for every good thing that comes into our lives. Let us give thanks for our desires, not only as they manifest themselves but even before they appear.

Above all, take time every day, morning and night, for prayerful thought and meditation upon the desires of your heart. Have faith in God, faith in your desires and their fulfillment, and faith in yourself. This silent time, night and morning, is your first obligation. Be as faithful to it as God is toward you.

This plan will work, but you have to use it and work with it. You are using your objective phase of mind to train the subjective phase. "As he [man] thinketh in his heart, so *is* he." Start out with the easy things, and gradually work toward the hard ones.

"Then shall your light break forth like the dawn, and your healing shall spring up speedily."

... By Taking in Fresh Impressions

By Clede Reyner

The Countryside through which we drove was breathtakingly beautiful. We passed a large, lush farm with white barns and fences.

I had brought my friend on the ride so that she could see these beautiful evidences of peace. I believed that the outing would do her good, take her out of herself and her circumscribed world. But only when I pointed them out did she see the gardens, the tended fields and lawns. She acknowledged them briefly and returned to the story she had told me many times before-a story of family inharmony, injustice, and bitterness.

Troubles are troubles because they seem larger than we. But we can grow until we are larger than they. To grow, our minds must

have fresh impressions, thoughts, and ideas each day. These are as necessary to the mind's unfoldment as daily food is to the physical body. Who among us feels that what we ate yesterday or last week eliminates the need for food today!

If we would all take time from our troubles and concerns to look at the world about us with seeing, appreciative eyes, the tenor of our thoughts would begin to change. And as the tenor of our thoughts begins to change, our lives will change accordingly.

. . . By taking Practical Steps to Personal Security

*By O. Aldrich
Wakeford*

You have great inner resources that have never been tapped. They are lying within, dormant but ready to be used whenever you call upon them. Call upon them boldly, confidently, and you will find that these inner forces will respond to aid you in whatever way you wish.

You should be bold and confident in evaluating your creative power, your power to be the kind of person you want to be, your power to accomplish that which you wish to achieve. With a lifted vision you will attempt

more and accomplish more. Visioning in itself, however, is not enough. There is, of course, a certain amount of boldness and confidence in thinking big. If you don't think in big terms, if you don't envision the place you want to be, you can be sure you will never move forward from where you are now. The lifted vision is necessary, but boldness and confidence really come into use when you dare to take the first step-and then the second and the third and on-toward the goal that you pictured mentally.

Let the mighty forces of imagination and creativity, strength and energy, faith and persistence come to your aid. They are waiting to be released. They are ready for your call. They will make you a big person in mind, in heart, and in achievement. "Big," as it is used here, is not meant in the egotistical sense. Far from it. The truly big person is one whose mind and spirit are attuned with the Infinite. Through this attuning he is aware of his great capacity, but is humble in the knowing. His bigness does not lie in what he thinks of himself, but in the loving, compassionate way he thinks of others. It does not lie in his small personal self, but in the Godself that he expresses through worthwhile accomplishments and the faith that he brings to each day. He does not limit himself to the falseness of the egotistical person who tries to impress others with position and material possessions. The great intangibles of life, the values of which never change-those of love, loyalty, kindness, and understanding-are his main stock for a magnanimous life.

The grocer has his shelves of items, his stock in trade. You, as an individual, have your stock in trade, also. The stock is intangible, but nevertheless as real as the items on the grocer's shelves. You may never have considered your everyday life as being an adventure in buying, selling, and trading. But you are engaged in this venture, consciously or unconsciously. You "buy" each time you spend thought, time, or effort. If you are wise you will not spend this precious currency except for those things which you truly want in your life. A grocer would not think of paying first-rate prices for a basket of rotting apples. Not only would it be a waste of money in the first place, but if he added them to his bin of good apples they would also spoil. He just doesn't want them in his store, so he doesn't buy them.

In the same way you need to discriminate about what you let into your mental and spiritual storehouse. A grudge, for instance, is like the basket of rotting apples-its contamination reaches into the core of other thoughts and feelings and often causes hate and prejudice, and sometimes actual illness.

Paying too Much?

You are letting yourself be overcharged when you waste priceless emotions on irritations and annoyances. You are paying diamond prices for paper-bag quality when you let worries creep into your days and nights and deprive you of your peace of mind and heart. With practice you can block these out as surely as the grocer can say, "No, thank you," to sellers of items he does not want. The next time you are confronted with a petty irritation or find yourself beginning to worry, ask yourself this question, "How much is this worth in my priceless emotions and time?" In the majority of cases the answer will be, "Nothing." If that is your answer, turn your thoughts to something else and forget the incident or subject.

Tip the Scales In Your Favor

In the everyday business of living you also "trade." You trade loyalty for friendship, love for love, a kind word for a smile, a thoughtful gesture for a bit of happiness, tolerance for tolerance. Sometimes the trading is on the negative plane: a harsh word for a harsh word, intolerance for intolerance, dislike for dislike, an unkind remark for a foe. When this happens you are the loser, regardless of who started such trading. If a neighbor makes an unkind remark about you, will it gain you anything to retaliate and say something as thoughtless about him? Doing so will only widen the stream of animosity. But you tip the scales in your favor when you refuse to let the unkind remark penetrate your inner consciousness. You tip the scales even more heavily in your favor when you trade something positive for something negative. Perhaps the most magnificent example of such an exchange-a positive for a negative-was after Jesus had been so ignobly treated and nailed to the cross, and He still could say of His brutal tormentors, "Father, forgive them; for they know not what they do." Throughout His years on earth He taught forgiveness, not just once but "seventy times seven," and kindness for unkindness. If He

had not taught this and lived it, would we still be revering Him today? It is doubtful, because resentments and retaliations have no place in the magnanimous Spirit of God, and we revere Jesus because of His oneness with God.

Look about you at your own acquaintances. Who gains your respect, admiration, and love—the one who is quick to retaliate with barbed remarks or unkind deeds or the one who is understanding, forgiving, and compassionate? The person with the loving, generous spirit always gets the better "bargain" in life. He has greater peace within himself, because he refuses to harbor resentments and grudges. His flow of creativity is more active, for it is not dammed up with pettiness. Also, he usually has more friends, for it is human nature to shy away from the backbiting, chip-on-shoulder type of individual and to prefer the one with a generous spirit.

Estimate Your Value!

Don't sell yourself short. This is easily done if you have little or no faith in yourself. Or if you feel that your time and efforts are not worth much and therefore squander them carelessly and thoughtlessly. You are a person of great worth. Know this. Don't

underestimate your value as a person or what you, as an individual, can do. Become aware of your inner power and put it to use. A British mountaineer once told his audience that climbers sometimes get into a spot where they cannot go down, only up. He said that he had deliberately put himself into such a spot occasionally. "When there's nowhere to go but up," he said, "you jolly well go up!"

If you are confident that your inner forces will come to your aid you will often aim higher and attempt more than you would otherwise. If you rely only on your human self, then you are limited in vision and scope, in energy and capacity. But by calling on those wonderful inner forces of yours you "unlimit" yourself. Your vision becomes broader, your purpose becomes stronger, your energy becomes greater, and your capabilities begin to unfold. You aim higher and live deeper. You draw upon your inner wealth through three channels, each one connected with the other and each one necessary to a successful outcome. The first two come out of the heart of silence, and the third is often more forceful when it is accompanied by silence. These three channels are: inspiration (inner guidance); aspiration (setting a goal); and application (work).

-To be continued next month



HAPPY New Year!

Ring out the old, ring in the new, Ring, happy bells, across the snow: The year is going, let him go; Ring out the false, ring in the true. ~Alfred, Lord Tennyson, 1850

I now let go of worn-out conditions and worn-out things. Divine order is established in my mind, body and affairs. Behold, I make all things new.

~ Affirmation By Florence Scovel Shinn

New Year Thought by Ernest Holmes

In so far as you have belief, faith and acceptance, you can turn to an obstacle and by declaiming that it is not a thing in itself, and by affirming its exact opposite with complete conviction, you may see the obstruction dissolve and a new form take its place. When one works with himself consistently and persistently, using statements which convey the proper meaning to his own mind, something happens. If not quickly, then gradually, an inner subjective embodiment of the idea stated takes form and the inner subjective embodiment sets the creative Law in motion for the definite purpose specified.

If we wish to make a specific demonstration we must use it specifically. A specific treatment for definite purposes means stating in your own words, and believing in your mind that exactly what you wish to happen is going to happen. Jesus said that when we pray we should actually believe that we already possess the object of our desire. Affirmations should always refer to the present time and not to some state of futurity.

January 2009

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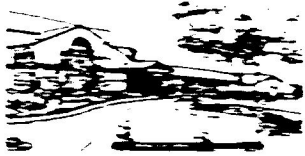
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <i>Sunday Services</i> 9:15 & 11:00 AM	5	6 <i>Stop, Think, Start!</i> Class 10:00 AM OA group 1:00 PM	7 AA Men's group 10:00 AM CA group 7:00 PM	8	9	10
11 <i>Sunday Services</i> 9:15 & 11:00 AM	12	13 <i>Stop, Think, Start!</i> Class 10:00 AM OA group 1:00 PM	14 AA Men's group 10:00 AM CA group 7:00 PM	15 Board Meeting 7:30 PM	16	17 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
18 <i>Sunday Services</i> 9:15 & 11:00 AM	19 <i>Ladies Night Out</i> 5:30 PM <i>Tucker's</i> 3939 Union	20 <i>Stop, Think, Start!</i> Class 10:00 AM OA group 1:00 PM	21 AA Men's group 10:00 AM CA group 7:00 PM	22	23	24 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
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THE JANUARY NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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A Little Humor

DORMITORY:

When you rearrange the letters:
DIRTY ROOM

PRESBYTERIAN:

When you rearrange the letters:
BEST IN PRAYER

ASTRONOMER:

When you rearrange the letters:
MOON STARER

DESPERATION:

When you rearrange the letters:
A ROPE ENDS IT

THE EYES:

When you rearrange the letters:
THEY SEE

GEORGE BUSH:

When you rearrange the letters:
HE BUGS GORE

THE MORSE CODE:

When you rearrange the letters:
HERE COME DOTS

SLOT MACHINES:

When you rearrange the letters:
CASH LOST IN ME

ANIMOSITY:

When you rearrange the letters:
IS NO AMITY

ELECTION RESULTS:

When you rearrange the letters:
LIES - LET'S RECOUNT

SNOOZE ALARMS:

When you rearrange the letters:
ALAS! NO MORE Z 'S

A DECIMAL POINT:

When you rearrange the letters:
IM A DOT IN PLACE

THE EARTHQUAKES:

When you rearrange the letters:
THAT QUEER SHAKE

ELEVEN PLUS TWO:

When you rearrange the letters:
TWELVE PLUS ONE

MOTHER-IN-LAW:

When you rearrange the letters:
WOMAN HITLER